

Sample Entrees

Seafood Cookbook

Recipe Index

Aegean Fish Stew
Arugula-Stuffed Tuna Steak
Australian Grilled Fish
Baked Fish With Vegetables
Baked Haddock
Baked Oysters
Baked Shrimp Indienne
Blackened Fish Fillets
Cashew Fish Fillets
Charbroiled Swordfish with Citrus Salsa
Cioppino
Corn and Crab in Pastry
Crab Cakes and Curry
El Cajon Sauce With Fish or Chicken
Fillet of Flounder Divan
Fish Baked in Lettuce Leaves
Ginger Glazed Salmon Steaks
Grilled Citrus Swordfish
Grilled Hawaiian Ahi with Shiitake Mushrooms and Ginger
Halibut Steak with Coffee Butter
Honey-Macadamia Mahi-Mahi with Pineapple Relish
Lobster Newburg
Locke-Ober Fish Stock
Low-Cal Spanish Baked Fish
Marinated Salmon with Herb-Anchovy Sauce
Maryland Style Crab Cakes
Microwave Salmon Steaks
Orange Roughy with Tarragon Sauce
Poached Salmon with Caper Sauce
Poaching Stock for Fish And Chicken.
Quick Cajun Catfish
Saffron Poached Fish In Wine
Salmon Mousse
Salmon with Pasta in Lemon Dill Sauce

Seafood Cookbook

Sauteed Sturgeon with Vermouth Dill Sauce

Scallops Florentine

Shrimp Tetrazzini

Southern Style Gumbo

Swordfish with Cucumber Sauce

Tarragon Poached Fish

Soup & Salad Cookbook

Recipe Names by Category Index

Soups

Avgolemono
Avocado Soup
Basic Vegetable Soup
Bean & Bacon Soup
Beef Barley Soup
Beef Stew
Beer & Cheddar Soup
Black Bean Soup
Black Bean Soup-ck
Bowl of the Wife of Kit Carson
Carrot Ginger Vichyssoise
Cheddar Tomato Soup
Chicken Stock
Chilled Fruit Soup
Chilled Yogurt Soup
Chilled Zucchini Soup
Clam Chowder
Cock-A-Leekie Soup
Corn Chowder
Cream of Mushroom Soup
Easy Vichyssoise
Gazpacho
Gumbo
Ham & Black-eyed Pea Soup
Hot & Sour Soup
Leek Vichyssoise
Lentil Stew
Minestrone Soup
Onion Soup
Oyster Stew
Pappa col Pomodoro
Potato Soup
Seafood Bouillabaisse

Soup & Salad Cookbook

Soups

Chilled Fruit Soup
Chilled Yogurt Soup
Chilled Zucchini Soup
Clam Chowder
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Lentil Stew
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Onion Soup
Oyster Stew
Pappa col Pomodoro
Potato Soup
Seafood Bouillabaisse
Tejas Gazpacho
Vegetable Soup Supreme

Poultry Cookbook

Recipe Index

Apricot Chicken Bake
Arroz con Pollo
Baked Chicken Breasts Supreme (with Rice)
Baked Turkey Croquettes
Batter-Fried Chicken
Brandied Peach Chicken
Brandy Chicken
Cabbage Rolls with Turkey Stuffing
Chicken a la King
Chicken and Apples Over Noodles
Chicken and Peppers
Chicken and Shrimp Brochettes
Chicken Burgers
Chicken Cacciatore
Chicken Cordon Bleu
Chicken Divan
Chicken Florentine
Chicken Kiev
Chicken Livers Indonesian Style
Chicken Pockets with Vegetables
Chicken, Rice and Vegetables in Foil
Chinese Pepper Chicken
Coq au Vin Blanc
Coq Au vin with Shiitake Mushrooms
Enchiladas de Pollo y Queso
Forty-Clove Chicken Filice
Ginger Chicken
Grilled Lemon & Cinnamon Chicken
Hawaiian Baked Chicken
Herbed Chicken Mozzarella
Herbed Chicken With Orzo And Spinach
Hoisin Chicken Stir Fry
Jalapeno Orange Mustard Chicken
Las Cruces Baked Chicken

Poultry Cookbook

Lasagna Cacciatore
Lemon Chicken With Spinach And Tomatoes
Lemon-Barbecued Chicken
Lemon-Pineapple Baked Chicken
Lentils with Spiedini
Low-Fat Glazed Chicken in Crockpot
Mediterranean-Style Chicken
Mexican Chicken Rolls
Microwave Chicken Teriyaki in a Bag
New Delhi Spiced Chicken
Old-Fashioned Chicken Croquettes
Orange-Roasted Cornish Game hens
Oriental Chicken, Peppers, and Rice
Oven-Baked Parmesan Chicken
Parsley Chicken and Dumplings
Petti di Pollo al Cartoccio Agrodolce
Poppy Seed Chicken Casserole
Roast Cornish Game Hens With Fresh Vegetables
Roasted Chicken Breasts With Gremolata
Savory Chicken, Carrot, And Potato Stew
Stuffed Chicken Breasts In Wine Sauce
That Chop Suey Dish
Tunisian Orange Chicken With Couscous
Turkey Steaks in Wine
Turkey Tetrazzini
VIP Cornish Hens with Plum Sauce

Meat Cookbook

Recipe Index

Atkins Meat Loaf

Beef and Three Bean Chili

Beef Curry With Vegetables

Beef Pot Pie

Beef Pot Roast

Beef Satay

Beef Stew

Beef Stroganoff - American Classic

Beef, Zucchini and Cheese Casserole

Boeuf Bourguignonne

Chicken Fried Steak

Chili

Deep-Dish Beef Pie

Deviled Swiss Steak

Dr. Atkins' Fromage Burger

Grilled Beef Tenderloin with Red Wine and Pistachios

Grilled Flank Steak

Grits 'N' Grillades (New Orleans Smothered Steak)

Hungarian Goulash

Korean Grilled Beef (Bulgogi)

Lasagne

Meatloaf

Mexican Beef Tortilla Casserole

My Favorite Chili

Onion Burgers

Oven Pot Roast With Beer

Pepper Steak

Russian Cabbage Rolls

Spinach Lasagne

Steak Pizzaiola

Steak Poivrade

Steak Supper In A Foil Package

Stuffed Cabbage

Stuffed Green Peppers

Vegetarian Cookbook

Recipe Index

African Vegetable Stew
Baked Polenta with Wild Mushrooms
Bean Ragout with Cilantro-Cornmeal Dumplings
Cuban (Puerto Rican) Beans
Eggplant Romano/Parmesan
Garden-Style Stuffed Potatoes
Gazpacho
Giant Spinach Shells
Hobbit Pie
Lentil Rice Curry
Lentil Salad
Lentil Stew
Linguine with Paprikash Sauce
Mediterranean Stew
Mexican Layered Tortillas and Pinto Beans
Minestrone Soup
Mixed Vegetable Curry
Mom Stern's Noodle Kugel
Multi-Mushroom Chinese Spaghetti
Neat Loaf
Noodles Romanoff - Side Dish
Oat Pecan Burgers
Onion Pie
Onion Tart
Putanesca Sauce
Rotini with Vegetables
Sauteed Sweet Potatoes
Scheherazade Casserole
Spanokopita
Spanokopita (Greek Spinach Pie)
Spicy African Chick-Pea and Sweet Potato Stew
Spicy Stir Fried Vegetables
Spinach Lasagna
Spinach Noodle Casserole

Vegetarian Cookbook

Spinach Roulade

Squash with Apples - Side Dish

Sweet Potatoes and Cranberries - Side Dish

Tabouli - Cold Salad

Three-Bean Caribbean Chili

Vegetable Pilaf with Spiced Bean Sauce

Vegetable Stuffed Peppers

Vegetarian Bundles

Vermicelli Salad

Wilted Spinach Salad

Zucchini Fritters